

Statistics Report 35142, Frybread, made with lard (Navajo) [a](#)

Report Date: July 16, 2017 03:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	31.57	3	2.012	27.99	34.95	2.0	22.919	40.229	1	Analytical or derived from analytical	--	04/2004
Energy	kcal	330	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1380	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein 1	g	6.69	3	0.048	6.64	6.79	2.0	6.486	6.897	1	Analytical or derived from analytical	--	04/2004
Total lipid (fat) 1	g	12.22	3	1.766	9.28	15.38	2.0	4.619	19.818	1	Analytical or derived from analytical	--	04/2004
Ash 1	g	1.25	3	0.297	0.67	1.64	2.0	-0.026	2.533	1	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	48.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Sugars, total 1	g	2.03	3	0.085	1.86	2.13	2.0	1.665	2.4	1	Analytical or derived from analytical	--	04/2004
Sucrose 1	g	0.17	3	0.024	0.12	0.2	2.0	0.066	0.276	1	Analytical or derived from analytical	--	04/2004

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Glucose (dextrose) 1	g	0.10	3	0.012	0.07	0.11	2.0	0.047	0.147	1	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose 1	g	1.76	3	0.051	1.67	1.84	2.0	1.545	1.984	1	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch 1	g	42.85	3	0.243	42.44	43.28	2.0	41.806	43.894	1	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	57	3	16.459	30	87	2.0	-13.752	127.885	1	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	4.04	3	0.285	3.61	4.58	2.0	2.812	5.268	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	18	3	1.717	15	21	2.0	10.746	25.521	1	Analytical or derived from analytical	--	04/2004
Phosphorus, P 1	mg	123	3	20.444	99	164	2.0	35.402	211.331	1	Analytical or derived from analytical	--	04/2004

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Potassium, K 1	mg	77	3	4.218	70	84	2.0	58.818	95.115	1	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	329	3	84.143	161	425	2.0	-33.373	690.706	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	0.35	3	0.085	0.25	0.52	2.0	-0.01	0.718	1	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.091	3	0.006	0.08	0.1	2.0	0.064	0.119	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.297	3	0.071	0.2	0.44	2.0	-0.007	0.602	1	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	18.6	3	6.600	11.9	31.8	2.0	-9.799	46.999	1	Analytical or derived from analytical	--	04/2004
Vitamins													
Thiamin 1	mg	0.430	3	0.069	0.31	0.55	2.0	0.132	0.728	1	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.217	3	0.048	0.17	0.31	2.0	0.009	0.425	1	Analytical or derived from analytical	--	04/2004
Niacin 1	mg	4.603	3	0.381	4.04	5.33	2.0	2.963	6.244	1	Analytical or derived from analytical	--	04/2004
Pantothenic acid 1	mg	0.164	3	0.015	0.14	0.19	2.0	0.1	0.227	1	Analytical or derived from analytical	--	04/2004

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Vitamin B-6 1	mg	0.038	3	0.006	0.03	0.05	2.0	0.012	0.064	1	Analytical or derived from analytical	--	04/2004
Folate, total 1	µg	122	3	12.197	100	142	2.0	69.852	174.815	1	Analytical or derived from analytical	--	04/2004
Folic acid 1	µg	105	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food 1	µg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, DFE	µg	196	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Vitamin B-12 1	µg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, beta 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma 1	mg	0.54	3	0.164	0.37	0.87	2.0	-0.169	1.243	1	Analytical or derived from analytical	--	04/2004
Tocopherol, delta 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

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Vitamin K (phylloquinone) 1	µg	0.8	2	--	0	1.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	4.621	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
10:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
12:0 1	g	0.004	3	0.004	0	0.01	2.0	-0.012	0.019	1	Analytical or derived from analytical	--	04/2004
14:0 1	g	0.238	3	0.071	0.11	0.36	2.0	-0.069	0.545	1	Analytical or derived from analytical	--	04/2004
15:0 1	g	0.032	3	0.017	0	0.06	2.0	-0.04	0.104	1	Analytical or derived from analytical	--	04/2004
16:0 1	g	2.548	3	0.298	2.11	3.12	2.0	1.264	3.832	1	Analytical or derived from analytical	--	04/2004
17:0 1	g	0.101	3	0.038	0.03	0.16	2.0	-0.061	0.264	1	Analytical or derived from analytical	--	04/2004
18:0 1	g	1.676	3	0.281	1.21	2.18	2.0	0.468	2.885	1	Analytical or derived from analytical	--	04/2004

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20:0 1	g	0.022	3	0.002	0.02	0.03	2.0	0.015	0.029	1	Analytical or derived from analytical	--	04/2004
22:0 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	4.411	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.032	3	0.017	0	0.06	2.0	-0.042	0.105	1	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated 1	g	0.234	3	0.038	0.17	0.3	2.0	0.069	0.4	1	Analytical or derived from analytical	--	04/2004
17:1 1	g	0.058	3	0.019	0.03	0.09	2.0	-0.021	0.138	1	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated 1	g	4.024	3	0.623	3.01	5.16	2.0	1.345	6.703	1	Analytical or derived from analytical	--	04/2004
20:1 1	g	0.063	3	0.003	0.06	0.07	2.0	0.05	0.076	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	1.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated 1	g	0.978	3	0.042	0.9	1.05	2.0	0.799	1.158	1	Analytical or derived from analytical	--	04/2004

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18:3 undifferentiated 1	g	0.004	3	--	0.04	0.07	--	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) 1	g	0.051	3	0.007	0.04	0.06	2.0	0.022	0.079	1	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c 1	g	0.004	3	0.004	0	0.01	2.0	-0.012	0.019	1	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c 1	g	0.018	3	0.005	0.01	0.03	2.0	-0.004	0.04	1	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Cholesterol 1	mg	7	3	1.250	5	9	2.0	1.52	12.28	1	Analytical or derived from analytical	--	04/2004

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

Footnotes

^a Weight of serving based on limited samples and may vary widely.